

Sun Valley Community Center 2015 Exercise Programs

**Classes are \$10 per month, and all participants must fill out a registration form.
Silver Sneakers Class members are not required to pay a fee.**

MONDAYS

9:15 a.m. T'ai Chi
10:30 a.m. Silver Sneakers Class
11:45 a.m. Arthritis Class
9 a.m.-12:45 p.m. Fitness Room open

TUESDAYS

10:30 a.m. Silver Sneakers Class
1 p.m. Forever Fit (complete cardio,
toning and fat burning workout)
6 p.m. Karate (ages 3-6)
6:30 p.m. Yoga
7 p.m. Karate (ages 7 and older)
9 a.m.-8 p.m. Fitness Room open

WEDNESDAYS

9:30 a.m. Silver Sneakers Class
10:30 a.m. T'ai Chi
12:15 p.m. Arthritis Class
Noon-1 p.m. Pickle Ball for beginners
1-4 p.m. Pickle Ball
3 p.m. Yoga
5:45 p.m. Twinkle Toes Dance Class (ages 7-9)
7 p.m. Kung Fu
7:30 p.m. Kickboxing
9 a.m.-8 p.m. Fitness Room open

THURSDAYS

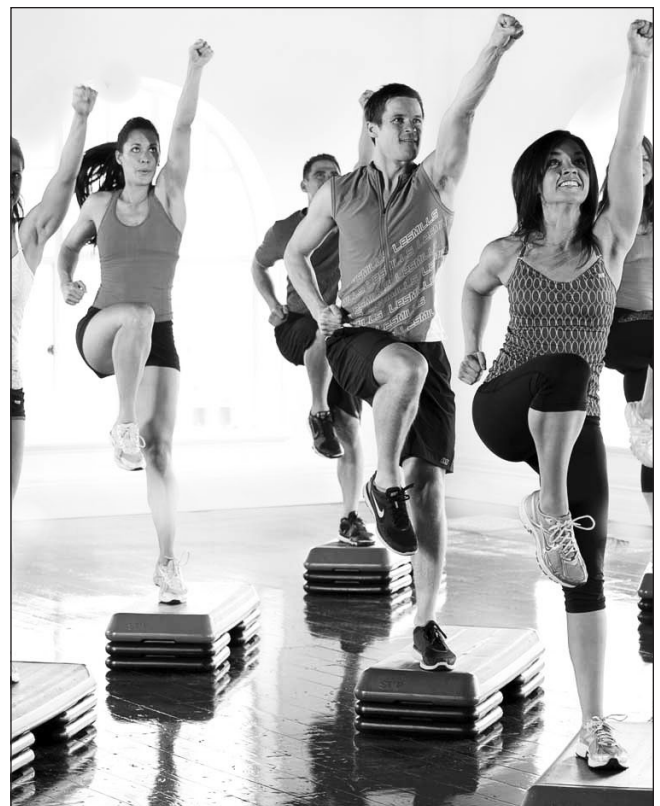
10:30 a.m. Silver Sneakers Class
1 p.m. Forever Fit
2-4 p.m. Pickle Ball
9 a.m.-8 p.m. Fitness Room open

FRIDAYS

12:15 p.m. Arthritis Class
2-4 p.m. Pickle Ball (when available)
9 a.m.-4:45 p.m. Fitness Room open

SATURDAYS

9 a.m.-12:45 p.m. Fitness Room open



*Programs are subject to change.
Please call the center for more information.*

502/937-8802
Manager: Bobby Meredith



**METRO PARKS
AND RECREATION**